



1

Skin moisturization – Dry skin can cause or exacerbate pruritus; thus, all patients with generalized symptoms should be educated on proper skin care. For example, gentle cleansers should be used during bathing and patients should apply emollients to the skin daily



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Exercise or sports – maintain a regular exercise or sports schedule at least 5 days a week,



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Food – Do not avoid any food unnecessarily without confirming food allergy, eat all food which you have been eating throughout life, Preferred to avoid junk food, processed food, and food containing too many preservatives and colouring agents. Eat 3 to 4 times at the same timing every day in small quantities .



2

Cool environment

Symptoms of pruritus may be exacerbated by exposure to heat. Light-weight clothing, air-conditioned environments, and the use of lukewarm (rather than hot) water during showers or baths may reduce symptoms.

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Nonpharmacologic interventions

The elimination of aggravating factors for pruritus is an important component of symptom management. Interventions that may be beneficial include:



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Sleep - Minimum of 7 to 8 hours of sleep and try to sleep at the same time every day to get good quality of sleep



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Avoidance of skin irritants

Direct contact with substances that may irritate the skin, such as wool clothing and cleansing products, should be avoided.



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Physical interventions

Scratching may increase symptoms of pruritus, resulting in a perpetual itch-scratch cycle. Keeping fingernails trimmed to a short length may also help to minimize skin damage induced from scratching.



4

Stress reduction – Stress and other psychogenic factors may induce or aggravate chronic itch and stress reduction may help to reduce symptoms. In addition, psychological support and education on pruritus and behavioral interventions that minimize symptoms may help patients to cope . Holistic approaches such as meditation, acupuncture, and yoga may be useful as adjunctive therapies.

Remove Exacerbating Factors

Irritants



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Avoid Irritants - detergents, soaps, chemicals, pollutants, and abrasive materials, as well as extremes of temperature and humidity.



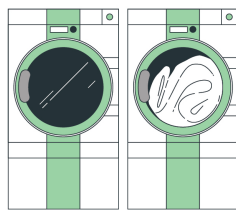
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Cleansers with minimal defatting activity and a neutral pH should be used rather than soaps (Cetaphil Cleansers)



3

New clothing should be laundered before it is worn, to reduce the content of formaldehyde and other chemicals.



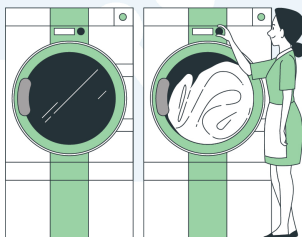
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Residual laundry detergent in clothing may be irritating, and although changing to a milder detergent can be helpful,



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liquid rather than powder detergent



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Adding an extra rinse cycle are more beneficial



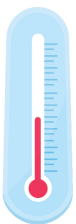
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Occlusive clothing should be avoided



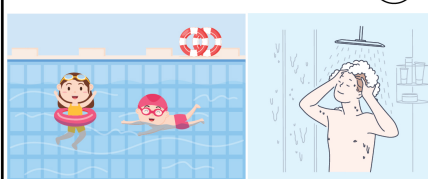
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cotton or cotton blends should be used



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Temperature should be between 20 to 26 to avoid sweating



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If Swimming pool is used then have a bath immediately to remove chlorine



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Prolonged sun exposure can cause evaporative losses, overheating, and sweating, which can be irritating

Remove Exacerbating Factors

Allergens



Avoidance of food should be only after discussing with your Doctor



Dust mite-proof encasings on pillows, mattresses, and box springs; washing linens in hot water weekly; removing bedroom carpeting; and decreasing indoor humidity levels

Bath



The best way to bath is to soak the affected area or bathe for approximately 10 minutes in warm (not lukewarm) water and then apply an occlusive agent to retain the absorbed water.

Hydration of the face or neck can be achieved by applying a wet facecloth or towel to the involved area

Hand or foot dermatitis can be treated by soaking the limb in a basin

Baths may need to be taken several times a day during flares of AD,

It is essential to use an occlusive preparation within a few minutes after hydrating the skin to prevent evaporation